

Mental Health Supports for Professionals and Clinicians: *A Prospective Sponsor's Guide*



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A Subsidiary Corporation of
IMPRESSIONS FCS INC.



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This guide was created to help prospective corporate sponsors, partners, and interested advertisers in understanding the mission and intended goals of **ConnectME Associates Inc.** Our commitment is to ensure practical and common-sense approaches to a Global endeavour in providing a wide range of mental health professionals and clinicians (ie. doctors, nurses, clergy, social workers, counsellors, educators, military, veterans, police, fire and rescue, EMTs, etc.) with the necessary networking, vital collaboration, effective supervision, meaningful supports, and required resources they require consistently. These combined resources serve to maximize potential, capacities and overall effective mental health and well-being strategies for all professionals responsible for delivering mental health service deliverables to the general population. **ConnectME Associates Inc.**, is NOT a counselling service. It is specifically an **on-line resource** of numerous supports and opportunities for enhanced professional development and personal growth through meaningful connections with their colleagues and peers around the World!

*FOR YOUR ADDED REFERENCE
AND CONVENIENCE



Welcome to our Corporate Family
ConnectME Associates Inc.



Front side



Back side

Acknowledgments

Many thanks are expressed implicitly to all the members of our trusted *Board of Investors* who have enthusiastically supported the mission and purpose of **ConnectME Associates Inc.** They have graciously endorsed and promoted the creation of this Corporation through their valuable personal and generous financial contributions from its original conception. Without their essential friendships, supports and confidences, our Corporation may never have been realized.

Additionally, it is essential to express genuine gratitude for the numerous individuals, organizations, and community groups who continue to support our mission and goals; and, remain viable and essential community partners in the continued development and growth of **ConnectME Associates Inc.**

A very special note of thanks to my wife, *Catherine*, who has endured many months of my absence and unavailability due to the concerted efforts required to make this Corporation a reality. Your loving support, confidence, patience and enthusiasm have been my on-going inspiration in making this *DREAM* come true. You are, and always have been, my best friend and I'm proud of the journey we have travelled together throughout the years. The **BEST** however, is yet to come.

Suggested citation

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Citation 2: Morse, G., Salyers, M.P., Rollins, A.L. et al. *Adm Policy Ment Health* (2012) 39: 341. <https://doi.org/10.1007/s10488-011-0352-1>, Publisher Name Springer US, Print ISSN 0894-587X, Online ISSN 1573-3289

Citation 3: *The Journal of CSWB*, Vol 1, No 2 (2016) On the economics of post-traumatic stress disorder among first responders in Canada, Stuart Wilson*, Harminster Guliani*, Georgi Boichev*, ISSN: 2371-4298 (Online)

Citation 4: SAMHSA, Disaster Technical Assistance Centre Supplemental Research Bulletin: First Responders - Behavioural Health Concerns, Emergency Response and Trauma, May 2018

Citation 5: BCFirstRespondersMentalHealth.com. Supporting Mental Health in First Responders - Recommended Practices



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About Us: An Introduction

ConnectME Associates Inc. is a Canadian Federally-Incorporated Enterprise registered in 2019 and founded by its owner, **Craig T. Maguire**, of Victoria, British Columbia, Canada. Our official website launch date is designated for March 2020 and it is our determined resolve to have an effective, viable and efficient system of service deliverables to provide our prospective professional members in meeting their respective needs immediately and with proficiency into the New 2020 Year.

KEY POINTS: What's Important to know about **ConnectME Associates Inc.** *A Privately-Owned Corporation*

- The Registered owners of **ConnectME Associates Inc.** are Craig and Catherine Maguire with Class A voting Shares totaling 57% of the Corporation. At this time, the Corporation is a subsidiary entity of its parent company, **IMPRESSIONS Family Counselling Services Inc.**; also owned by Craig and Catherine Maguire, with each owning 50% of this private practice business enterprise.
- **ConnectME Associates Inc.** was founded, created and launched in Victoria, British Columbia, Canada in 2019.
- Craig Maguire is the official President and CEO of **ConnectME Associates Inc.** and Catherine Maguire serves as the Vice President of the Corporation.
- At time of publication, **ConnectME Associates Inc.**, has established an on-line social media presence on *FaceBook, LinkedIn, Google, Instagram, You Tube and Twitter*, in addition establishing an on-line "testing" website, located at <https://www.connectmeassociates.com>. Our website development will be completed and the new official site will be launched in mid-December 2019.
- Initial development and launch of our corporate website is entrusted to the professional services of GoDaddy, headquartered in Arizona, USA. Additional Corporate partners will be secured for the purposes of membership database systems and video conferencing capabilities. Negotiations are currently underway in establishing these valuable and vital corporate partnerships in preparation of our official on-line launch.
- A thorough business plan, along with marketing and strategic planning goals and objectives have been securely established and are readily accessible to our corporate affiliates and partners, where appropriate, upon request.
- Our 9-member *Board of Investors* constitute our **Corporate Governance Advisory Board** with no specific tenure terms applied. A **Clinical Advisory Board** will be developed from our professional membership subscribers, by invitation only.

» We welcome you to discover **ConnectME Associates Inc.** and consider your active engagement and participation in our mission of meaningful supports for mental health professionals and clinicians World-wide.

Our Philosophies

A GLOBAL FORUM FOR MENTAL HEALTH CLINICIANS AND PROFESSIONALS

Bridging Gaps and Enhancing Partnerships



KEY POINTS: What Defines Us and the *Unique Opportunities* We Propose

- **OUR MISSION STATEMENT**

To help our members capture the unique power and resilience of human behaviour through supportive consultation and professional clinical guidance in the delivery of mental health services for the express purpose of maintaining total health and well-being and their respective efficiencies and professional competencies.

- **OUR VISION STATEMENT**

We continually strive to be the premier provider of clinical supports and resources that engage mental health service providers to enhance their professional productivity, improve their over-all health, and maintain effective representation of their clinical services.

- **OUR BELIEFS**

We believe that supporting our valuable and essential mental health professionals is the strongest and most essential requirement for ensuring effective and productive mental health provisions globally and in sustaining vibrant, progressive and healthy communities.

- **OUR VALUES**

- We engage and empower others to improve their professional knowledge and skills.
- We evaluate and effect change in the health of our professional members and organizations.
- We listen to our members, investors, sponsors, partners, affiliates, employees and communities.
- We are committed to innovative thinking and creative solutions through collaborative networking and meaningful service provisions.
- We support the notion that critical ingredients for success and effective health applies to mental health professionals and service providers equally.



A Professional Profile

Create your on-line professional profile and allow others to contact you for services and supports. Provide relevant credentialing details of your academic/ professional qualifications, geographical area, and the specific services you provide which may be accessed by other professionals and, if you choose, members of the general public.

Contact Info and Links

Make available your contact information, and provide direct links to your professional website. Be accessible in reaching your target populations and engaging your community in the provision of mental health care services. Alternatively, your profile can remain private and you can be assured that your contact information will not be shared or made available to others.

Availability and Access

Through your on-line professional profile created, you can avail yourself and inform others of your pertinent and accessible contact information. You can represent your accessibility for specific professional services and/or personal supports. Details of your specific professional academic achievements and qualifications/licensing credentials, local/geographical area, and the services you provide may be accessed by other professionals and, if you choose, members of the general public.

The Realities concerning Mental Health Service Providers

LET'S BE CLEAR: Who are these professional mental health service providers?

ConnectME Associates Inc. serves to meet the distinct and specific needs of any and all professionals engaged in the delivery of mental health services, regardless of field of practice, by duly certified and verified clinicians and other health-response-related professions. These include, but are not limited to the following professional trade groups:

- Social Workers
- Psychiatrists
- Psychologists
- Physicians
- Nurses, Medical Technicians
- Clergy
- Physician Assistants
- Lawyers and Judges
- Police Officers, Law Enforcement
- Military Members, Veterans
- Fire Fighters
- Coaches, Mentors
- Paramedics, EMT's
- Counsellors, Resource Personnel, Advocates, Outreach Workers
- Human Resource Personnel, Corporate Executives
- Teachers and Instructors
- Group Home Workers

... and all other professionals working with mental health issues on the front lines.

The enormous burden on the mental health system does not appear to be decreasing or even stabilizing and the wide-ranging issues and conditions for which mental health professionals are responsible remains overwhelming. The reality of this condition is that our mental health professionals are burning out, physically exhausted, some affected emotionally themselves with GAD or PTSD, and their effectiveness in their chosen field of practice diminishes substantially.

Recognizing and appreciating that many employers have attempted to provide the necessary resources of employee benefits and EAP programs to assist their employees, the reality remains that most professionals are hesitant and fearful to seek such services for themselves. To this end, **ConnectME Associates Inc.** represents something less intrusive, less demanding, and certainly much more comfortable for professionals to seriously consider and engage willingly.

In this industry, as with many others, we can equate time with money. Time for training, resources, administration, programming, supports, supervision, services, and the list goes on. We expect it will also take time to gain the trust and acceptance of the mental health professional community. To do so, we will present an invaluable opportunity for professionals to engage in non-threatening, non-evasive, non-therapeutic and private and confidential networks with other professionals, like themselves, who simply need the comfort, understanding and support of others who truly understand their experiences, common realities, and resulting consequences.

ConnectME Associates Inc. strives to deliver a formal and functional framework in which to address the on-going and consistent needs of our mental health professionals and clinicians. With patience, understanding, feedback and support, we pledge to continue this passionate quest until we "**get it right**" and until we have achieved the acceptance and approval of our subscribed membership collective.

ALL PROFESSIONALS AND CLINICIANS ARE REQUIRED TO SUBMIT THEIR RESPECTIVE QUALIFICATIONS AND LICENCING CREDENTIALS WITH THEIR MEMBERSHIP APPLICATION. THIS APPLIES SPECIFICALLY TO ALL ACADEMIC ACHIEVEMENTS, DEGREE QUALIFICATIONS, PROFESSIONAL RECOGNITIONS, AND GOVERNING LICENCING PERMITS ISSUED. ALL PROFESSIONAL MEMBERSHIP SUBSCRIBERS WILL BE VERIFIED BY CONNECTME ASSOCIATES INC. PRIOR TO CONFIRMATION OF THEIR MEMBERSHIP ACCEPTANCE.

CORPORATE, ORGANIZATIONAL AND BUSINESS MEMBERSHIP SUBSCRIBERS ARE REQUIRED TO SUBMIT THEIR CERTIFICATE OF INCORPORATION AS VERIFICATION OF THEIR AUTHENTICITY.

GROUPS REPRESENTING SPECIFIC FIELDS OF PRACTICE WITHOUT THE ABOVE-NOTED CREDENTIALING MAY BE REQUIRED TO SUBMIT ALTERNATIVE FORMS OF VERIFIABLE IDENTIFICATION PRIOR TO THEIR CONFIRMED MEMBERSHIP ACCEPTANCE.



BARRIERS TO SEEKING AND PROVIDING CARE

Individual level barriers stem from intrinsic barriers that individual physicians may experience, such as minimizing the illness, refusing to seek help or take part in wellness programs, and promoting the culture of stoicism among physicians. Another barrier is stigma associated with having a mental illness. Although stigma might be experienced personally, literature suggests that acknowledging the existence of mental health concerns may have negative consequences for physicians, including loss of medical license, hospital privileges, or professional advancement.

Structural barriers refer to the lack of formal support for mental well-being, poor access to counselling, lack of promotion of available wellness programs, and cost of treatment. Lack of research that tests the efficacy of programs and interventions aiming to improve mental health of physicians makes it challenging to develop evidence-based programs that can be implemented at a wider scale.

Citation 1

Reported statistics on the conditions affecting front-line mental health professionals

Burnout has been defined a number of ways, but most researchers favor a multifaceted definition developed that encompasses three dimensions: emotional exhaustion, depersonalization, and reduced personal accomplishment. The dimension of emotional exhaustion refers to feelings of being depleted, overextended, and fatigued. Depersonalization (also called cynicism) refers to negative and cynical attitudes toward one's consumers or work in general. A reduced sense of personal accomplishment (or efficacy) involves negative self-evaluation of one's work with consumers or overall job effectiveness. Many researchers consider burnout to be a job-related stress condition or even a "work-related mental health impairment", in fact, burnout closely resembles the ICD-10 diagnosis of job-related neurasthenia. Although burnout is correlated with other mental health conditions, such as anxiety and depression, research also supports that burnout is a construct distinct from these other mental health disorders, from a general stress reaction, and from other work phenomena such as job dissatisfaction. Burnout is also distinct from secondary traumatization, vicarious traumatization, and compassion fatigue.

Given the complexity of the topic and the vast prior research conducted on burnout, we must focus our attention on two key questions:

1. *To what extent is burnout a problem for mental health staff and the service delivery system?*
2. *What can — and should — be done to address burnout among mental health providers?*

Citation 2.

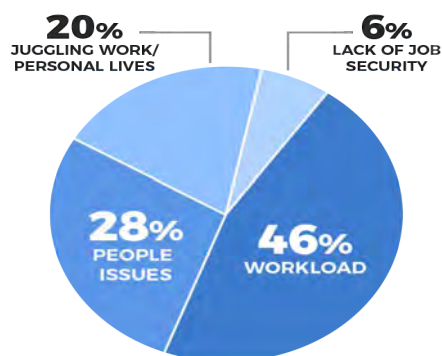
ConnectME Associates Inc. does not presume to have solutions to such questions however, we do believe that the single largest contributor to positively affecting professionals' overall health and well-being lies in their "**connective-ness**" with other professionals to whom they can relate and feel a common and shared understanding of the conditions which they have endured.

For first responders—the firefighters, police officers, military personnel, emergency dispatchers, EMTs and others who keep us safe—work can mean close encounters with danger, chaos and tragedy, sometimes on a daily basis.

Over time, exposure to such stress can take a toll on first responders' mental and physical health. In some cases, post-traumatic stress disorder (PTSD) results, with symptoms such as:

- Flashbacks, nightmares, and recurring thoughts
- Emotional numbness
- Extreme worry, guilt, anger, or hopelessness
- Avoidance of people, places, or things that are reminders of the trauma
- A loss of interest in things that once gave pleasure
- Feeling anxious, on edge, or jumpy, and startling easily
- Sleep issues
- Problems with alcohol, drugs, or food

Main Causes of Stress



Source: EAP provider ComPsych's first half of 2006 StressPulse Survey.

DEFINITIONS

General Anxiety Disorder – Generalized anxiety disorder (GAD) goes beyond regular everyday anxiety, like being nervous before a presentation. It causes a person to become extremely worried about many things, even when there's little or no reason to worry.

Those with GAD may feel very nervous about getting through the day. They may think things won't ever work in their favor. Sometimes worrying can keep people with GAD from accomplishing everyday tasks and chores. GAD affects about 3 percent of Americans every year.

Persistent Depressive Disorder – Persistent depressive disorder is a chronic type of depression. It is also known as dysthymia. While dysthymic depression isn't intense, it can interfere with daily life. People with this condition experience symptoms for at least two years. About 1.5 percent of American adults experience dysthymia each year.

Post-Traumatic Stress Disorder – Post-traumatic stress disorder (PTSD) is a mental illness that's triggered after experiencing or witnessing a traumatic event. Experiences that can cause PTSD can range from extreme events, like war and national disasters, to verbal or physical abuse.

Symptoms of PTSD may include flashbacks or being easily startled. It's estimated that 3.5 percent of American adults experience PTSD.

Major Depressive Disorder – Major depressive disorder (MDD) causes feelings of extreme sadness or hopelessness that lasts for at least two weeks. This condition is also called clinical depression.

People with MDD may become so upset about their lives that they think about or try to commit suicide. About 7 percent of Americans experience at least one major depressive episode each year.

A series of articles has identified lifetime PTSD prevalence rates for several high-risk groups including military personnel, police, corrections workers, firefighters, and paramedics. These rates range from 8% to 32%, as shown in Figure 1. Given these estimates, and the estimates of the populations of these at-risk groups, one might provide a rough estimate of the number of individuals who have experienced PTSD in their lifetime. Table A illustrates that 2.5 million Canadians, between 25 and 46 thousand full-time first responders, and another 12 to 23 thousand volunteer first responders, may have experienced PTSD in their lifetimes, given the estimates of prevalence rates and the size of specific population groups in 2010 (see Table A).



Table A.

Group	"Lifetime" Prevalence Rate Estimates ^a	2010 Population ^b	Prevalence Estimates
Adult Population	9.2%	27,259,525	2,507,876
Military	8%	30,513 ^c	2,441
Police Officers ^d	8% – 32%	85,050	6,464 – 27,216
Corrections Professionals	17% – 26%	23,965	4,074 – 6,231
Firefighters	17%	34,390	5,846
Paramedics	26%	26,760	6,958
First Responders	(12% – 23%)	200,678	25,783 – 46,251
Volunteer First Responders	(12%–23%)	100,000 ^e	(12,000–23,000)

^a See Figure 1 for sources for prevalence rates.

^b 2011 National Household Survey, Employment by Occupation.

^c Military population having served in Afghan-related missions from 2001 to 2008.

^d Except commissioned officers.

^e Canadian Interoperability Technology Interest Group (CITIG) estimate.

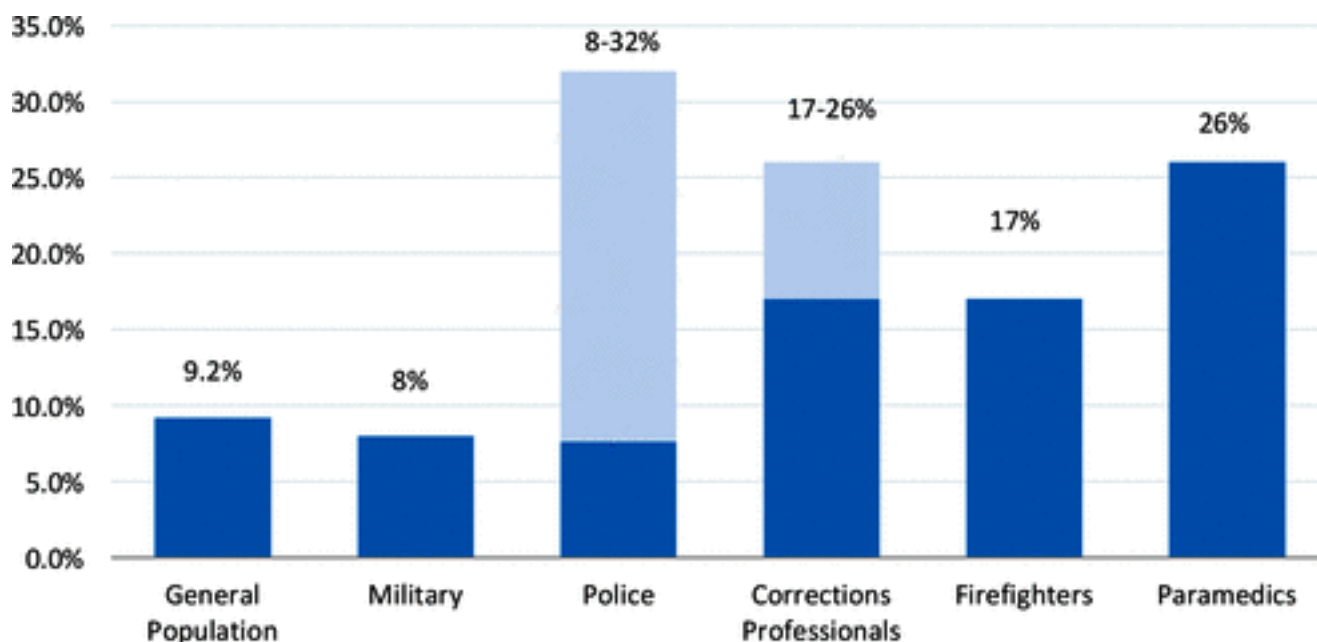


FIGURE 1 Lifetime PTSD Prevalence Rates: Specified Canadian Populations.

Sources: Van Ameringen, Mancini, Paterson et al. (2008); Boulos & Zamorski (2013); Marchand, Boyer, Martin et al. (2010); Asmundson & Stapleton (2008); Rosine (1992); Stadnyk (2004); Corneil, Beaton, Murphy et al. (1999); Regehr, Goldberg & Hughes (2002).

Citation 3.

As depicted in Figure 2, the on-going and continued presence of issues and concerns regarding the mental health conditions of first responders is picking up momentum and is being experienced globally in response to the increasing demands and lack of resources often available in which to support these professionals.

Again, determining actual statistics is difficult as many professionals do not divulge their true feelings and experiences for fear of repercussions and even dismissal from their employment positions. As such, the social stigma that continues to exist when addressing mental health issues is no less prominent and damaging for these valued professionals than it is to the general public population.

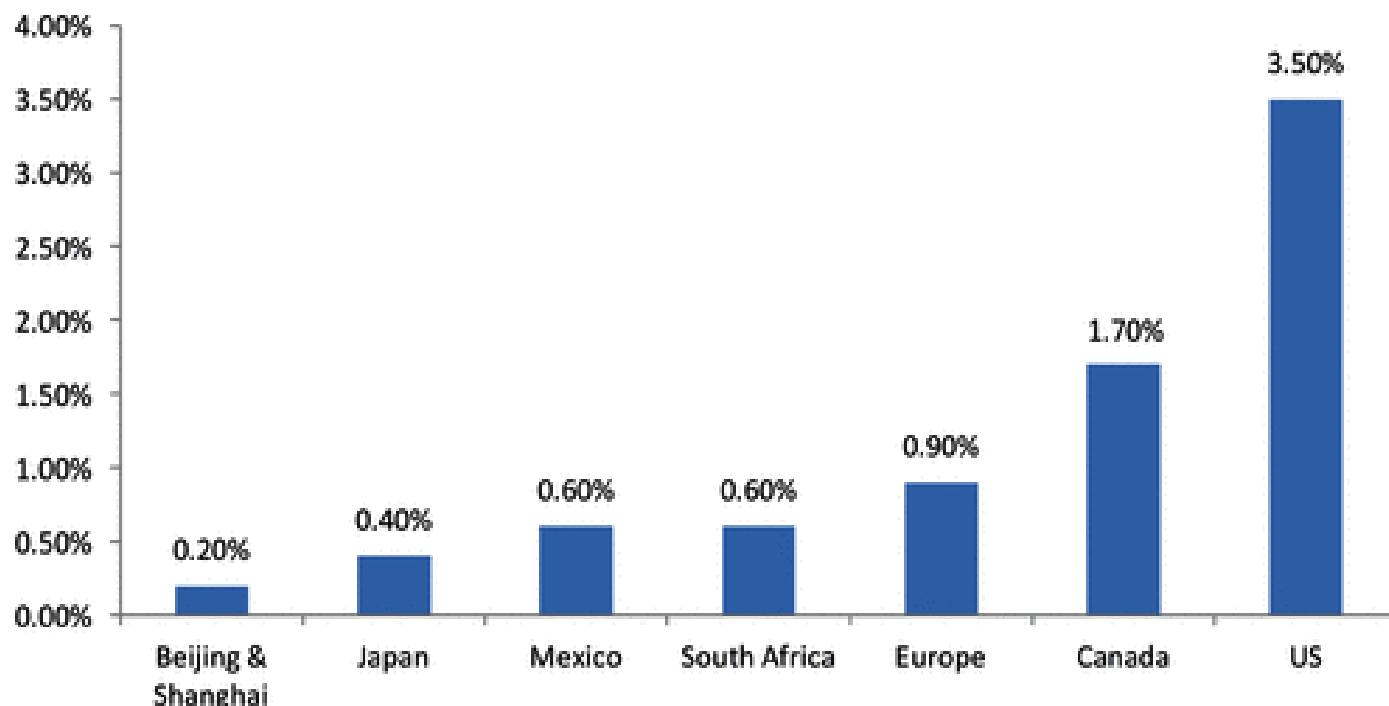


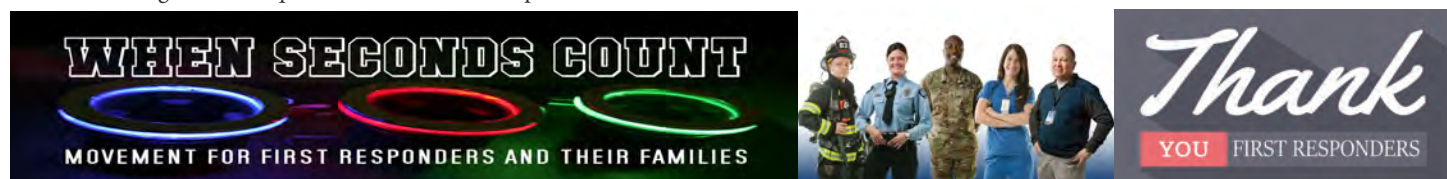
FIGURE 2 One-Year PTSD Prevalency Rates: General Population.
Sources: Kessler, Chui, Demler et al.(2005); Hinton & Lewis (2011); Statistics Canada (2013).



ConnectME Associates Inc. strives to accomplish something that, on the surface, may seem too simplistic and too basic in which to achieve our goal of engaging all professionals in this manner of collective and collaborative supports. Some may be critical that there is no element of therapeutic intervention available through our platform for those individuals experiencing serious trauma-related symptoms. The truth, and reality, is that most professionals are licensed in their specific geographical location, meaning that they are not licensed to practice their trade in another geographical jurisdiction. This condition means that, as a practicing and licensed social worker in the Province of BC, Canada, I am not at liberty to offer or practice my trade anywhere else in Canada or Internationally.

This is only one reason for our decision to exclude therapeutic aspects in our on-line platform format. The other reason, and perhaps even more importantly, is our firm belief that therapy can take many different shapes and forms. Our platform supports the premise that professionals need the comradery and support of others who truly understand and have experienced the hardships and trauma that they themselves are struggling with. Therapeutic intervention may, and in all likelihood will still, be necessary for many individuals dealing with trauma, however, the collaborative supports, collective understanding, and availability of resources and assets to assist them in coping with and addressing their emotional health and well-being is paramount to their overall healing and their sense of belonging to a society of professionals like themselves.

Ultimately, it needs to be stated that regardless of the statistics known or presumed, the number of mental health professionals and first responders experiencing severe and life-altering stress, anxiety, depression and trauma is extraordinarily high and shows no indication of decreasing in the foreseeable future. It is also clear to see and understand that these conditions are not unique to North America but are steadily on the rise on a global scale and having dire consequences on our front-line professionals around the World.



SUMMARY CONCLUSION

First responders are always at the forefront of each incident or disaster, and they ensure the safety and well-being of the population. They are, however, at great danger of being exposed to potentially traumatic situations that pose risk of harm to them or the people under their care. This constitutes a great risk for the behavioral health of first responders, putting them at risk for stress, PTSD, depression, substance use, and suicide ideation and attempts. Both natural and technological disasters were found to be associated with increased risk of these conditions, as were factors such as resiliency, trust in self and team, duration on the disaster scene, individual coping style, and post-disaster mental health support.

To improve the behavioral health of the first responders, a cooperative effort is needed between organizational leadership and coworkers to establish a work environment that provides adequate training and ensures the resiliency and health of first responders by protecting them from overwork and excessive stress and supporting them in seeking help when needed. First responders carry the weight of their own safety and well-being as well as those they serve, and thus making programmatic changes to educate them, offer them support, and protect their health and well-being would reduce the risk of burnout, fatigue, or other behavioral health issues associated with being overworked, uncertain, or stressed. Behavioral and public health agencies can help prevent or alleviate behavioral health issues in first responders through preventive training on resiliency and behavioral health prior to disasters or other events, interventions to address burnout, and peer support programs. As noted, such efforts and programs are a cultural shift in fields in which professionals sometimes have coped with disastrous and traumatic experiences on the job by trying to disregard their reactions or using other maladaptive techniques such as substance misuse. As more first responders discover the resilience they can access through others, and particularly their peers, they become better able to maintain their own behavioral health while addressing the myriad challenges of disaster response.

Citation 4.

Current Endeavours and Efforts afforded to Professional Supports and Purposeful Remedies

The following is a list of the recommended organizational/structural practices suggested by the **BC First Responders Mental Health Organization**. Please note that the resources included are not exhaustive, may not be suitable for all organizations, and may have varying levels of effectiveness. Unfortunately, very few mental health programs have had any sort of independent evaluation on them. For this reason, the following is only a best representation of the currently recommended options for organizations to consider.

Strategy & program development

1. Ensure senior leaders clearly support improving mental health in the workplace.
2. Adopt a management system approach to mental health in the workplace.
3. Develop strategies, programs, and policies in collaboration with all workplace stakeholders and tailor them to the specific workplace.
4. Ensure strategies focus on mental health broadly.

Strategy & program development

5. Implement anti-stigma campaigns to ensure employees seek and receive the help they need.
6. Use workplace champions to reinforce anti-stigma messages.

Education & training

7. Improve employee resiliency through training to help prevent mental health disorders.
8. Improve mental health literacy of employees through training to help reduce stigma.
9. Equip supervisors and line managers with the skills to identify symptoms and to support employees.
10. Equip families of first responders with the knowledge and skills to support their loved ones.

Mental health providers

11. Ensure mental health providers understand first responder cultures.
12. Establish a network of mental health providers.

Intervention & treatment

13. Provide access to a range of support options.
14. Create in-house peer support services.
15. Provide peer support services to families and retired first responders.
16. Recognize the signs and symptoms of potential mental health issues early and take action.
17. Provide managers and supervisors with access to mental health experts.
18. Ensure employees have excellent mental health care benefits.
19. Incorporate critical incident stress debriefing and defusing in the workplace.
20. Ensure return-to-work plans are flexible and collaborative.
21. Maintain privacy and confidentiality at all times.

Data & evaluation

22. Use data to identify key mental health issues in the workplace.
23. Prepare for the evaluation before you begin.

Other

24. Ensure claims processes are clear and don't add further to mental stress.
25. Provide self-care tools.
26. Form partnerships with other organizations and first responder groups.

Citation 5.

A Collective Consortium of Professional Service Providers engaged in Supportive Collaboration

ConnectME Associates: Goals and objectives in response to the needs of professionals/clinicians

Individuals, Teams, Groups, Departments, and Regions

Whether you are a sole practitioner or belong to a team of professionals delivering services, you will find the connections and assurances of effective networking that is essential to your continuing knowledge, skills and abilities.

Organizations, Non-Profits, Government, and Corporations

Large groups have unique needs and challenges. Maintain effective opportunities for your professional members to engage with one another and utilize the benefits of training, consultation, collaboration, and general meetings in an easy and secure format that is accessible 24 hours a day, 365 days a year; and, on your schedule.

Opportunities

We are NOT a counselling service. Rather, what we offer is something completely unique and specialized for our professional members, **JUST LIKE YOU!**

We offer a private and secure network for mental health professionals and first responders, around the World, to seek and obtain supports in managing their own mental health and emotional needs.

Video Conferencing

Meet regularly with your team-mates and colleagues, in a safe, and secure video conferencing room on a regular basis - from your local area to Globally.

Departments, Teams, Divisions and all other groups can easily develop exclusive opportunities for their members to connect regularly, conduct meetings and briefings or maintain consistent communications.

Collaboration and Consultation

Share your experiences and speak with colleagues in your professional trade to discover similarities, and provide opportunities for effective health and wellness .

Be assured of confidentiality, mutual respect and effective relationships with others who understand the demands, and effects, of your professional responsibilities and the unique needs that are inherent to your profession.

Networking

Connect and engage with other professionals in your field of practice for the purpose of discussion, collaboration, support and resource opportunities.

Remain informed in your field of practice and learn of emerging trends, new techniques and enhanced opportunities in performing your duties as a professional.

Be an active member in a growing consortium of service providers and utilize the combined strengths and knowledge of a Global community of professionals.

Professional Articles

Write and post your professional articles or have easy and available access to professional writings pertaining to topics of specific interest to you.

All professionals engaged in providing mental health services and supports come with a wealth of information, experience and expertise. Share YOURS and find the resources you require amongst a full complement of service professionals from around the World.

Create your personalized profile page to introduce yourself to other members, and if you choose, to members of the public to accept referrals.

Resources and Supports

YOU are not ALONE! All around the World, professionals like you are serving the emotional and mental health needs of the general public.

Are you a Departmental Leader or Corporate Executive looking to enhance your team of professionals through opportunities for sustained and consistent team-building, education, news and updates and general communications, respective to your Team?

Connect with each other and learn of meaningful and available resources and supports that...

... **MAKE A DIFFERENCE!**

Our On-line Website Service Deliverables

What does ConnectME Associates Inc. specifically offer to our professional subscribers?

ConnectME Associates strives to provide our member subscribers with a fully-functional and useful portal in which to access information, resources, collaterals and video communication capabilities for sharing and collaborating with peers, colleagues and the general public, if so desired. Assurances of confidentiality and privacy are provided to all subscribers and profile privacy options are readily available to all members. Additionally, site rules governing confidentiality and professional courtesies requires strict adherences and are supplied to each subscribed member, upon sign-up. Any member found in violation of these governing policies risks the immediate termination of their subscription access and forfeits any membership dues, credits and/or refunds on their account, at the sole discretion and judgment of Site Administrators authorized by **ConnectME Associates Inc.**

Table 1: An Overview of Subscribed Members' Service Accessibility

	Basic Membership				Advance Membership			
	Public	Individual/ First Responder	Corporate	Bronze/ Gold Sponsor	Public	Individual/ First Responder	Corporate	Platinum Sponsor
Monthly Subscription		✓	✓	✓	✓	✓	✓	✓
Annual Subscription	✓	✓	✓	✓	✓	✓	✓	✓
Create Profile		✓	✓	✓	✓	✓	✓	✓
Search and view Profiles	✓	✓	✓	✓	✓	✓	✓	✓
Create links on Profile		✓	✓	✓	✓	✓	✓	✓
Search and view library articles	✓	✓	✓	✓	✓	✓	✓	✓
Post and download articles		✓	✓	✓	✓	✓	✓	✓
Access General Video Conferences		✓	✓	✓ (as qualified)	✓	✓	✓	✓ (as qualified)
Schedule Specific Video Conferences					✓	✓	✓	✓
Limit Profile Viewers to Members		✓	✓	✓	✓	✓	✓	✓
Select PRIVATE Profile		✓	✓	✓	✓	✓	✓	✓
Access Site Support Agents	✓	✓	✓	✓	✓	✓	✓	✓

Site Legend for Professional Designations and Representations

PROFESSIONAL TRADE:			
Social Workers	100	SWK	6
Psychologists	101	PSC	6
Psychiatrists	102	PST	6
Physicians	103	PHY	6
Nurses	104	NUR	6
Physician Assistants	105	PAT	6
Lawyers	106	LAW	6
Judges	107	JUD	6
Police Officers	108	POL	6
Fire Fighters	109	FFT	6
Active Military Members	110	AMM	6
Military Veterans	111	MVS	6
Paramedics	112	PAR	6
Counselors	113	CNS	6
Group Home Staff	114	GHS	6
Human Resources Personnel	115	HRP	6
Teachers - Elementary	116	TCE	6
Teachers - High School	117	TCH	6
Teachers - College	118	TCC	6
Teachers - University	119	TCU	6
Corrections	120	COR	6
Clergy	121	CGY	6
Other Health Care Provider	122	HCP	6
MEMBER SCHEDULING:			
Meeting Type: OPEN	OPN	Open to all participants of practice field	
Meeting Type: INVITATION	INV	Open by invitation only from host	
Meeting Type: PRIVATE ORGANIZATION	PRV	Available only to Host Organization	
Meeting Type: CLOSED	CLD	Open to specific field/geographical area	
Meeting Type: ALL WELCOME	WEL	Open to all clinicians to participate	
Meeting Type: RESERVED	RES	Reserved for member requests	
Meeting Type: SPECIAL	SPC	Reserved for special conditions	
SYSTEM MODERATORS:			
Not Available - System Maintenance	XXX	System is unavailable due to routine maintenance	
Moderator Available/On-Line	MOD	Moderator is on-line and available for contact	
Moderator Available/On-Line - IN ROOM			
Moderator Forum - Feedback/Recommendations	REC	Moderation is hosting a feedback session for members	
RESERVED	ZZZ	Time slot is reserved for special/emergency conditions	
OPEN TIME SLOTS:			
Time Slot is OPEN and AVAILABLE FOR BOOKING		This time slot is open and available for you to book	
TYPE AVAILABILITY:			
No participants subscribed at this time	TYPE		
Room participants welcome	TYPE		
Maximum room participants reached	TYPE		

As shown at side, there are 22 professional trades that have been identified and are the primary "groups" for which members will subscribe. Some members may be of a varying class of professional not specifically noted in this list, however, depending on their professional practice duties and qualifications, they will be assigned to a group for which their subscription best suits their individual role and function.

Each professional trade is assigned a 3-digit code as well as a 3-letter identifier. For example, social workers are coded 100 SWK. This identification allows for easy referencing on any and all site events for which subscribers wish to participate.

This chart serves as a basic legend of identifiers intended to ensure site navigation and ease of use is confidently assured.

Each of the identified 22 professional trades are scheduled for one hour video conferencing forums on a rotating time and day to accommodate subscribers and their varying geographical time zones. Each of these professional trades has a total of six pre-scheduled video conferencing forums each week and subscribers are welcome to attend any and all of these scheduled forums, as per their interest and availability.

The Table below represents the formal scheduling of these video forums for each of the 22 professional trades.

Table 2: Weekly Program of Regular Video Conferencing Sessions

Table 2 demonstrates our 24 hour-a-day, 7 day-a-week, programming schedule for each of our 22 professional trade groups and their respective 6-one hour video conferencing sessions per each week.

Room 1 is used as a descriptor for which only these pre-scheduled conference forms is permitted. It is reasonable and realistic to assume that some scheduled forums may indeed result in no participants. Over time, and with the gradual increase in subscribed members, it is anticipated these hourly sessions will start to see significant participation on a regular and consistent basis. All BASIC subscribers have access to their respective video forums as illustrated in this Table.

For our ADVANCED subscribers, **Room 2** offers the same video conferencing capabilities as noted in Room 1, however, no schedule has been pre-determined. Rather, subscribers will have access to individually schedule their respective conferencing needs on dates, times and durations conducive to their specific needs. Room 2 also presents with a full weekly schedule for which availability is represented 24 hours per each day.

There are few instances whereby administrative purposes have been pre-scheduled. These include a weekly video session whereby subscribers can meet with a site administrator to provide feedback and recommendations concerning their site experiences. Additionally, an ALL-members forum is scheduled weekly for which anyone from any of the 22 professional trade groups can meet to formalize friendships and networking opportunities.

Regular maintenance times are represented daily.

	SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
TIME	ROOM 1	ROOM 2	ROOM 1	ROOM 2	ROOM 1	ROOM 2	ROOM 1	ROOM 2	ROOM 1	ROOM 2	ROOM 1	ROOM 2	ROOM 1	ROOM 2
12:00:00 AM	100 TYPE SWK	AVAIL TYPE	107 TYPE JUD	AVAIL TYPE	114 TYPE GHS	AVAIL TYPE	106 TYPE LAW	AVAIL TYPE	110 TYPE AMM	AVAIL TYPE	103 TYPE PHY	AVAIL TYPE	122 TYPE HCP	AVAIL TYPE
1:00:00 AM	101 TYPE PSC	AVAIL TYPE	108 TYPE POL	AVAIL TYPE	115 TYPE HRP	AVAIL TYPE	105 TYPE PAT	AVAIL TYPE	112 TYPE PAR	AVAIL TYPE	113 TYPE TCU	AVAIL TYPE	121 TYPE CGY	AVAIL TYPE
2:00:00 AM	102 TYPE PST	AVAIL TYPE	109 TYPE FFT	AVAIL TYPE	116 TYPE TCC	AVAIL TYPE	104 TYPE NUR	AVAIL TYPE	111 TYPE MVS	AVAIL TYPE	115 TYPE TCC	AVAIL TYPE	122 TYPE HCP	AVAIL TYPE
3:00:00 AM	103 TYPE PHY	AVAIL TYPE	110 TYPE AMM	AVAIL TYPE	117 TYPE TCH	AVAIL TYPE	114 TYPE GHS	AVAIL TYPE	113 TYPE CNS	AVAIL TYPE	121 TYPE COR	AVAIL TYPE	120 TYPE COR	AVAIL TYPE
4:00:00 AM	104 TYPE NUR	AVAIL TYPE	111 TYPE MVS	AVAIL TYPE	118 TYPE TCC	AVAIL TYPE	112 TYPE PST	AVAIL TYPE	106 TYPE FFT	AVAIL TYPE	116 TYPE TCE	AVAIL TYPE	122 TYPE HCP	AVAIL TYPE
5:00:00 AM	105 TYPE PAT	AVAIL TYPE	112 TYPE PAR	AVAIL TYPE	119 TYPE TCU	AVAIL TYPE	101 TYPE PSC	AVAIL TYPE	108 TYPE POL	AVAIL TYPE	108 TYPE POL	AVAIL TYPE	115 TYPE HRP	AVAIL TYPE
6:00:00 AM	106 TYPE LAW	AVAIL TYPE	113 TYPE CNS	AVAIL TYPE	120 TYPE COR	AVAIL TYPE	100 TYPE SWK	AVAIL TYPE	107 TYPE JUD	AVAIL TYPE	117 TYPE TCH	AVAIL TYPE	114 TYPE GHS	AVAIL TYPE
7:00:00 AM	107 TYPE JUD	AVAIL TYPE	114 TYPE GHS	AVAIL TYPE	121 TYPE COR	AVAIL TYPE	106 TYPE LAW	AVAIL TYPE	113 TYPE CNS	AVAIL TYPE	121 TYPE COR	AVAIL TYPE	122 TYPE HCP	AVAIL TYPE
8:00:00 AM	108 TYPE POL	AVAIL TYPE	115 TYPE HRP	AVAIL TYPE	122 TYPE HCP	AVAIL TYPE	105 TYPE PAT	AVAIL TYPE	112 TYPE PAR	AVAIL TYPE	119 TYPE TCU	AVAIL TYPE	121 TYPE CGY	AVAIL TYPE
9:00:00 AM	109 TYPE FFT	AVAIL TYPE	116 TYPE TCC	AVAIL TYPE	123 TYPE HCP	AVAIL TYPE	104 TYPE NUR	AVAIL TYPE	111 TYPE MVS	AVAIL TYPE	118 TYPE TCC	AVAIL TYPE	122 TYPE HCP	AVAIL TYPE
10:00:00 AM	110 TYPE AMM	AVAIL TYPE	117 TYPE TCH	AVAIL TYPE	124 TYPE GHS	AVAIL TYPE	114 TYPE GHS	AVAIL TYPE	113 TYPE CNS	AVAIL TYPE	121 TYPE COR	AVAIL TYPE	120 TYPE COR	AVAIL TYPE
11:00:00 AM	111 TYPE MVS	AVAIL TYPE	118 TYPE TCC	AVAIL TYPE	125 TYPE PST	AVAIL TYPE	112 TYPE PST	AVAIL TYPE	106 TYPE FFT	AVAIL TYPE	116 TYPE TCE	AVAIL TYPE	122 TYPE HCP	AVAIL TYPE
12:00:00 PM	112 TYPE PAR	AVAIL TYPE	119 TYPE TCU	AVAIL TYPE	126 TYPE PSC	AVAIL TYPE	101 TYPE PSC	AVAIL TYPE	108 TYPE POL	AVAIL TYPE	108 TYPE POL	AVAIL TYPE	115 TYPE HRP	AVAIL TYPE
1:00:00 PM	113 TYPE CNS	AVAIL TYPE	120 TYPE COR	AVAIL TYPE	127 TYPE SWK	AVAIL TYPE	100 TYPE SWK	AVAIL TYPE	107 TYPE JUD	AVAIL TYPE	117 TYPE TCH	AVAIL TYPE	114 TYPE GHS	AVAIL TYPE
2:00:00 PM	114 TYPE GHS	AVAIL TYPE	121 TYPE COR	AVAIL TYPE	128 TYPE LAW	AVAIL TYPE	106 TYPE LAW	AVAIL TYPE	113 TYPE CNS	AVAIL TYPE	121 TYPE COR	AVAIL TYPE	122 TYPE HCP	AVAIL TYPE
3:00:00 PM	115 TYPE HRP	AVAIL TYPE	122 TYPE HCP	AVAIL TYPE	129 TYPE PAT	AVAIL TYPE	105 TYPE PAT	AVAIL TYPE	112 TYPE PAR	AVAIL TYPE	119 TYPE TCU	AVAIL TYPE	121 TYPE CGY	AVAIL TYPE
4:00:00 PM	116 TYPE TCC	AVAIL TYPE	123 TYPE HCP	AVAIL TYPE	130 TYPE NUR	AVAIL TYPE	104 TYPE NUR	AVAIL TYPE	111 TYPE MVS	AVAIL TYPE	118 TYPE TCC	AVAIL TYPE	122 TYPE HCP	AVAIL TYPE
5:00:00 PM	117 TYPE TCH	AVAIL TYPE	124 TYPE GHS	AVAIL TYPE	131 TYPE MVS	AVAIL TYPE	114 TYPE GHS	AVAIL TYPE	113 TYPE CNS	AVAIL TYPE	121 TYPE COR	AVAIL TYPE	120 TYPE COR	AVAIL TYPE
6:00:00 PM	118 TYPE TCC	AVAIL TYPE	125 TYPE PST	AVAIL TYPE	132 TYPE PST	AVAIL TYPE	112 TYPE PST	AVAIL TYPE	106 TYPE FFT	AVAIL TYPE	116 TYPE TCE	AVAIL TYPE	122 TYPE HCP	AVAIL TYPE
7:00:00 PM	119 TYPE TCU	AVAIL TYPE	126 TYPE PSC	AVAIL TYPE	133 TYPE SWK	AVAIL TYPE	101 TYPE PSC	AVAIL TYPE	108 TYPE POL	AVAIL TYPE	108 TYPE POL	AVAIL TYPE	115 TYPE HRP	AVAIL TYPE
8:00:00 PM	120 TYPE COR	AVAIL TYPE	127 TYPE SWK	AVAIL TYPE	134 TYPE LAW	AVAIL TYPE	106 TYPE LAW	AVAIL TYPE	113 TYPE CNS	AVAIL TYPE	121 TYPE COR	AVAIL TYPE	122 TYPE HCP	AVAIL TYPE
9:00:00 PM	121 TYPE COR	AVAIL TYPE	128 TYPE LAW	AVAIL TYPE	135 TYPE HRP	AVAIL TYPE	105 TYPE PAT	AVAIL TYPE	112 TYPE PAR	AVAIL TYPE	119 TYPE TCU	AVAIL TYPE	121 TYPE CGY	AVAIL TYPE
10:00:00 PM	122 TYPE HCP	AVAIL TYPE	129 TYPE PAT	AVAIL TYPE	136 TYPE NUR	AVAIL TYPE	104 TYPE NUR	AVAIL TYPE	111 TYPE MVS	AVAIL TYPE	118 TYPE TCC	AVAIL TYPE	122 TYPE HCP	AVAIL TYPE
11:00:00 PM	123 TYPE HCP	AVAIL TYPE	130 TYPE NUR	AVAIL TYPE	137 TYPE MVS	AVAIL TYPE	114 TYPE GHS	AVAIL TYPE	113 TYPE CNS	AVAIL TYPE	121 TYPE COR	AVAIL TYPE	120 TYPE COR	AVAIL TYPE
12:00:00 AM	124 TYPE GHS	AVAIL TYPE	131 TYPE MVS	AVAIL TYPE	138 TYPE TCC	AVAIL TYPE	112 TYPE PST	AVAIL TYPE	106 TYPE FFT	AVAIL TYPE	116 TYPE TCE	AVAIL TYPE	122 TYPE HCP	AVAIL TYPE
1:00:00 AM	125 TYPE PST	AVAIL TYPE	132 TYPE PST	AVAIL TYPE	139 TYPE SWK	AVAIL TYPE	101 TYPE PSC	AVAIL TYPE	108 TYPE POL	AVAIL TYPE	108 TYPE POL	AVAIL TYPE	115 TYPE HRP	AVAIL TYPE
2:00:00 AM	126 TYPE PSC	AVAIL TYPE	133 TYPE SWK	AVAIL TYPE	140 TYPE LAW	AVAIL TYPE	106 TYPE LAW	AVAIL TYPE	113 TYPE CNS	AVAIL TYPE	121 TYPE COR	AVAIL TYPE	122 TYPE HCP	AVAIL TYPE
3:00:00 AM	127 TYPE SWK	AVAIL TYPE	134 TYPE LAW	AVAIL TYPE	141 TYPE HRP	AVAIL TYPE	105 TYPE PAT	AVAIL TYPE	112 TYPE PAR	AVAIL TYPE	119 TYPE TCU	AVAIL TYPE	121 TYPE CGY	AVAIL TYPE
4:00:00 AM	128 TYPE LAW	AVAIL TYPE	135 TYPE HRP	AVAIL TYPE	142 TYPE NUR	AVAIL TYPE	104 TYPE NUR	AVAIL TYPE	111 TYPE MVS	AVAIL TYPE	118 TYPE TCC	AVAIL TYPE	122 TYPE HCP	AVAIL TYPE
5:00:00 AM	129 TYPE PAT	AVAIL TYPE	136 TYPE NUR	AVAIL TYPE	143 TYPE MVS	AVAIL TYPE	114 TYPE GHS	AVAIL TYPE	113 TYPE CNS	AVAIL TYPE	121 TYPE COR	AVAIL TYPE	120 TYPE COR	AVAIL TYPE
6:00:00 AM	130 TYPE NUR	AVAIL TYPE	137 TYPE MVS	AVAIL TYPE	144 TYPE TCC	AVAIL TYPE	112 TYPE PST	AVAIL TYPE	106 TYPE FFT	AVAIL TYPE	116 TYPE TCE	AVAIL TYPE	122 TYPE HCP	AVAIL TYPE
7:00:00 AM	131 TYPE MVS	AVAIL TYPE	138 TYPE TCC	AVAIL TYPE	145 TYPE PST	AVAIL TYPE	101 TYPE PSC	AVAIL TYPE	108 TYPE POL	AVAIL TYPE	108 TYPE POL	AVAIL TYPE	115 TYPE HRP	AVAIL TYPE
8:00:00 AM	132 TYPE PST	AVAIL TYPE	139 TYPE SWK	AVAIL TYPE	146 TYPE LAW	AVAIL TYPE	106 TYPE LAW	AVAIL TYPE	113 TYPE CNS	AVAIL TYPE	121 TYPE COR	AVAIL TYPE	122 TYPE HCP	AVAIL TYPE
9:00:00 AM	133 TYPE SWK	AVAIL TYPE	140 TYPE LAW	AVAIL TYPE	147 TYPE HRP	AVAIL TYPE	105 TYPE PAT	AVAIL TYPE	112 TYPE PAR	AVAIL TYPE	119 TYPE TCU	AVAIL TYPE	121 TYPE CGY	AVAIL TYPE
10:00:00 PM	134 TYPE LAW	AVAIL TYPE	141 TYPE HRP	AVAIL TYPE	148 TYPE NUR	AVAIL TYPE	104 TYPE NUR	AVAIL TYPE	111 TYPE MVS	AVAIL TYPE	118 TYPE TCC	AVAIL TYPE	122 TYPE HCP	AVAIL TYPE
11:00:00 PM	135 TYPE HRP	AVAIL TYPE	142 TYPE NUR	AVAIL TYPE	149 TYPE MVS	AVAIL TYPE	114 TYPE GHS	AVAIL TYPE	113 TYPE CNS	AVAIL TYPE	121 TYPE COR	AVAIL TYPE	120 TYPE COR	AVAIL TYPE

Individual and Group/Corporate Memberships

Individual Clinician Memberships Subscriptions

Individual First Responder Membership Subscriptions

Corporate Memberships Subscriptions

Upon our website's initial launch, our intent is to provide an overall simplistic, even basic, set of deliverables in which to engage professionals globally for the express purpose of networking, collaboration and resource supports.

As our membership numbers increase and our website demonstrates further need for planning and implementation of additional services, this will be undertaken in a concerted effort to maximize the full benefits and advantages for our subscribed membership base.

It is anticipated that future endeavours will be explored following one year of operational services and be based primarily on consumer feedback.



Subscription Type	Subscriber Services and Access Functions
General Public/Non-Professional	Geographical search of professional profiles; library access (<i>read-only</i>)
BASIC Subscriber: <ul style="list-style-type: none">- Individual Professional/Clinician- Individual First Responder- Corporate, 5 user- Corporate, 10 user- Corporate, 15 users	Subscriber profile creation; contact information and links available (<i>*Members able to choose private or public profile status</i>)
	Geographical search of professional profiles; full library access includes post, view, and download (<i>*All articles are reviewed prior to posting</i>)
	Full access to pre-scheduled video conferencing forums (Room 1) (<i>*Includes 6 weekly one-hour video forums on a rotating day/time basis</i>)
	Availability of group memberships consisting of 5, 10 or 15 subscribed Organizational members under one membership Plan in order to streamline Corporate participation and ensure effective operational and financial considerations.
ADVANCE Subscriber: <ul style="list-style-type: none">- Individual Professional/Clinician- Individual First Responder- Corporate, 5 user- Corporate, 10 user- Corporate, 15 users	Same services and functions as listed above for BASIC subscribers
	Full access to independent video conference scheduling (Room 2) <ul style="list-style-type: none">- Subscribers able to schedule video conferences with no limits on duration- Subscribers able to schedule video conferences, in advance, and consisting of numerous time frames, days of the week, and/or hours of convenience- Subscribers able to use Room 2 as a video training conference, client counselling session, team meeting, and any other applicable/appropriate purpose (<i>*Scheduling of Room 2 is subject to schedule availability</i>)



Our 4-Step Membership Activation Process

Our simple, clear and neatly organized pages provide information and instructions on navigating our site with ease and convenience. Our activation process, as one example, provides a 4-step process for which an interested consumer may purchase their subscription, complete their membership application and registration forms and finalize their professional profile for their specific purposes.

STEP 1: Choose your Membership Plan and remit payment



Scroll down this page and select the Membership type of your choice. You will then be able to secure payment for your selection and be able to access the application/registration process.

STEP 2: Complete the Membership Application Form - ALL USERS



Our Membership Application form serves a number of valuable purposes. We require all Members of this site and service to complete this form to avoid delays in the activation of your membership account.

Step 3: Complete the Professionals' Registration Form (Not required of public members)



For mental health personnel seeking membership to the PROFESSIONAL'S NETWORK, it is essential that you Register your professional qualifications and credentials with us. Professional membership accounts will not be activated without this required verification process.

Step 4: Complete your on-line Profile and CONNECT with others TODAY!



All that is left to do now is to create your on-line Profile so that other members, and the general public, may contact you for networking and available service provisions.

ENJOY YOUR MEMBERSHIP AND THE OPPORTUNITIES THAT AWAIT YOU!

Verification of Professional Qualifications of Registered Subscribers

Verification of professional qualifications and credentials of our professional registered subscribers is mandatory and serves to ensure the professional integrity, consistency and relevance of our services is maintained for the purposes intended of this on-line website resource. All subscribers will be supplied with official conduct and professional standard policy stipulations concerning their usage and engagement in utilizing our site's services. Strict adherence to these professional conduct and behavioural standards will be enforced and violators will be subject to immediate review, suspension, and/or termination of membership privileges entirely. In the latter, no issuance of refund, account credit or otherwise will be provided to memberships terminated for violation of these policies and such terminations will be at the sole and complete discretion of site administrators authorized on behalf of **ConnectME Associates Inc.**

Membership applications which represent no formal credentials or academic qualifications will be individually assessed and acceptance based on their specific role and function, employment/volunteer type, and supporting documentation from their organization and/or direct supervisory report.

Basic, Advanced and Public Subscriptions

Membership Subscription Pricing

Our subscription fee schedule represents fair and affordable memberships for our valued consumers while maintaining sufficient financial resources in the on-going and efficient operations of the proficient services at a high-quality level of service delivery excellence. Additionally, subscribers are able to realize cost savings when purchasing an annual membership, versus a monthly membership. Depending on the subscription type, these savings can be fairly substantial. Monthly membership subscriptions are applied a respective administrative fee for on-going processing accountabilities.

SUBSCRIPTION PRICES	MEMBERSHIP TYPE	MONTHLY SUBSCRIPTION FEE	ANNUAL SUBSCRIPTION FEE	Yearly Savings with Annual Subscription
PUBLIC MEMBERSHIP	General Public - Individual Subscriber	N/A	\$5.00	
BASIC MEMBERSHIP	Professional/Clinician - Basic Individual Subscriber	\$20.00	\$180.00	\$60.00
	First Responder - Basic Individual Subscriber	\$20.00	\$180.00	\$60.00
	Basic Corporate - Small Group Subscribers (x5)	\$165.00	\$1,800.00	\$180.00
	Basic Corporate - Medium Group Subscribers (x10)	\$285.00	\$3,200.00	\$220.00
	Basic Corporate - Large Group Subscribers (x15)	\$425.00	\$4,600.00	\$500.00
ADVANCE MEMBERSHIP	Professional/Clinician - Advance Individual Subscriber	\$60.00	\$600.00	\$120.00
	First Responder - Advance Individual Subscriber	\$60.00	\$600.00	\$120.00
	Advance Corporate - Small Group Subscribers (x5)	\$500.00	\$5,200.00	\$800.00
	Advance Corporate - Medium Group Subscribers (x10)	\$675.00	\$6,600.00	\$1,500.00
	Advance Corporate - Large Group Subscribers (x15)	\$835.00	\$7,500.00	\$2,520.00

Membership Subscription Payment Types

Subscription memberships are available for purchase on-line ONLY and payment may be secured directly by credit card or utilizing PayPal. All major credit cards are accepted. At this time, debit payments will not be accepted. In cases of large corporate subscription memberships, alternative payment options may be available to corporations upon contacting our office directly.

Corporate Partners in Service Deliverables to our Subscribed Members

The costs associated with developing an independent platform of video teleconferencing capabilities is exorbitant and demands a highly complex and comprehensive platform development well exceeding **ConnectME Associates Inc.** current capacities and abilities. With this said, there are a number of professionally-designed services already available on-line for which we may secure these same services, at a fraction of the cost, while relying on their qualified, experienced and proven technical expertise in providing high-quality and reputable services on behalf of our subscribed members. At time of this Guide's production, two vendors being explored for viability and cost-assurance measures are **Zoom** (video conferencing) and **Brilliant Directories** (database management). Further exploratory measures and service contract negotiations are planned.

ZOOM VIDEO COMMUNICATIONS

Services available to our consumers via this Vendor:

- Bring high quality video, audio, and web
- conferencing to any sized room
- Present content wirelessly from your laptop or
- mobile device with intelligent proximity one-click
- sharing
- Use one touch to start an instant or scheduled
- meeting
- Office 365, Google, and Exchange calendar
- integrations support room booking, room
- status, upcoming meetings list, and more

BRILLIANT DIRECTORIES

Services available to our consumers via this Vendor

- Searchable Directory
- Business Listings
- Classified Ads
- Events Calendar
- Photo Galleries
- Deals & Offers
- Blogging System
- Email Marketing
- Membership Packages
- Recurring Payments
- Banner Advertisements
- Lead Generation
- Design & Branding
- Instant SEO Rankings
- Source Code Access
- 1,000+ Built-In Features

Ready to Become a

Corporate Sponsor,

Partner or Advertiser?



*A SUBSIDIARY CORPORATION OF IMPRESSIONS FAMILY COUNSELLING SERVICES INC.

WHY ARE WE SEEKING SPONSORS?

CREATING NETWORKING AND NEW OPPORTUNITIES

Developing Valuable Relationships and Meaningful Partnerships

Our goals and objectives, at **ConnectME Associates Inc.**, are not only to provide an essential and vital opportunity for our registered members to network and access meaningful relationships and partnerships but to also accomplish much more. We understand and appreciate that the issue of mental health is far reaching and all-encompassing in everyone's daily lives. The truth, as we see it, is that no one can individually address or even be responsible for understanding all the nuances and circumstances pertaining to mental health issues. For this reason, **ConnectME Associates Inc.** seeks to develop meaningful, participatory and committed partnerships with others, be it individuals or organizations and corporations, for which we can all learn together and seek the solutions and methods which often elude us or remain outside our current capacities.

Mental health issues, around the World, do not appear to be coming under control as communities everywhere struggle with finding the personnel, resources, finances and even the physical space in which to address all those requiring purposeful mental health services. Although **ConnectME Associates Inc.** is specifically interested in addressing the mental health and emotional needs of our front-line service professionals, the harsh reality remains that mental health concerns will continue to prevail in our communities until such time as coordinated, meaningful, effective and collaborated approaches are secured. To achieve this, above and beyond our current systems in place, requires our societal leaders in business, commerce, and all other fields to recognize their role and function is not separate or purposely excluded but rather, the exact opposite. Their leadership capacities permit new possibilities of purposeful measures and applicable strategies in changing how the World views, accepts and responds to mental health issues overall.

Our strengths may be individually recognized however it is only our collective outcomes that will ultimately serve to enhance and achieve the level of functional and purposeful resolve we seek in addressing mental health issues.



ALIGNING WITH YOUR CORPORATE STRATEGY



PROMOTING HEALTHY FAMILIES & HEALTHY COMMUNITIES

Our Community is a direct reflection of our combined and mutual interests and ambitions. Maintaining healthy communities affects us all and our valuable contributions lead to extraordinary accomplishments and beneficial outcomes.

DEMONSTRATING ACTIVE PARTICIPATION IN VALUABLE COMMUNITY/SOCIETAL ISSUES

Reach local, national and international audiences who value Corporate participation in committed endeavours aimed at enhancing mental health initiatives and social responsibility.

INVESTING IN MENTAL HEALTH INITIATIVES AS RESPONSIBLE CONTRIBUTORS

Join us on our journey in **BRIDGING THE GAPS** and enhancing the lives of those professionals who share in our Community and ensure their continued safety and well-being as essential **First Responders** who need our meaningful supports.

people
MAKE THE
difference



SPONSORSHIP BENEFITS

VISIBILITY: Invest visibly in the future health, education and well-being of First Responders and their families who are impacted by work-related mental health issues and the effects on their personal and professional relationships.

RECOGNITION: Be recognized in associated media opportunities as a supporter of our initiatives and demonstrate your endorsement of our global efforts and endeavours.

VOICE YOUR OPINION: Meet and get to know **ConnectME Associates Inc.** and our professional services and Community engagements and be kept up to date with progress and successes realized.

PROFESSIONAL NETWORKING: Be encouraged to fully participate and engage in membership privileges with our registered subscribers for direct opportunities to represent your Organization's endeavours and goals concerning mental health issues.

CORPORATE RESPONSIBILITY: Enjoy the benefit of quality corporate citizenship to deepen your emerging and well-recognized brand through alignment with a global movement through **ConnectME Associates Inc.**

LEADERSHIP: Enhance your leadership role and corporate insights by demonstrating strong commitment to corporate social responsibility and philanthropy by supporting a viable and essential mental health service Organization.

SOCIAL MEDIA: Be involved in our rapidly growing and influential social media strategy.



ConnectME Associates Inc.

Sponsorship

PRICING TIERS

PLATINUM SPONSORSHIP

\$25,000

Our Platinum Sponsors will receive all benefits included in other sponsorship tiers, *in addition to*, **full** and **descriptive** recognition on a **1/2 PAGE** (equivalent) website representation.

SPONSORSHIP TYPE	AMOUNT	WEBSITE REPRESENTATION
GOLD Sponsorship	\$20,000	1/4 PAGE
SILVER Sponsorship	\$15,000	YOUR LOGO AND LINK
BRONZE Sponsorship	\$10,000	YOUR LOGO



PLATINUM SPONSORSHIP

Contributes to provisions of service and operational outcomes and ensuring safe, effective and quality service provisions are delivered in quality formats.

GOLD SPONSORSHIP

Contributes to provisions of on-going marketing campaigns designed to increase subscriber numbers and promote healthy choices for professionals.

SILVER SPONSORSHIP

Contributes to provisions of securing and maintaining consistent technological advances and opportunities to the benefit of our subscribers.

BRONZE SPONSORSHIP

Contributes to provisions of marketing/advertising materials in addition to provisions of educational materials for our subscribers.

WE APPRECIATE **YOUR** GENEROUS
ENDORSEMENT AND COMMITTED
SPONSORSHIP!

*Thank
you*

CORPORATE SPONSORSHIP REPRESENTATION

\$25,000

PLATINUM SPONSORSHIP PARTNER

- > Your Corporate logo and desired contents are highlighted in a **1/2 page** (size equivalent) representation designed to spotlight your Organization as a PRIME contributor to ConnectME Associates. Additionally, your generous endorsement remains fully intact for a committed period of **three (3) years** with **Advance Membership** access to our website.

\$20,000

GOLD SPONSORSHIP PARTNER

- > Your Corporate logo and desired contents are highlighted in a **1/4 page** (size equivalent) representation designed to spotlight your Organization as a major contributor to ConnectME Associates. Additionally, your generous endorsement remains fully intact for a committed period of **two (2) years** with **Advance Membership** access to our website.

\$15,000

SILVER SPONSORSHIP PARTNER

- > Your Corporate logo and link to your Corporate website are represented in a impressive representation designed to identify your Organization as a substantial contributor to ConnectME Associates. Additionally, your generous endorsement remains fully intact for a committed period of **one (1) year** with **Advance Membership** access to our website.

\$10,000

BRONZE SPONSORSHIP PARTNER

- > Your Corporate logo is represented in a impressive representation designed to identify your Organization as a valuable contributor to ConnectME Associates. Additionally, your generous endorsement remains fully intact for a committed period of **one (1) year** with **Advance Membership** access to our website.



Please accept our genuine appreciation for your consideration and active support of our Organization... and Global Mental Health issues affecting our **VALUED** First Responders!



WE STAND TOGETHER



CRAIG T. MAGUIRE

ConnectME Associates Inc. is founded on the belief that each of us, as individuals, has a vital role and function in caring for ourselves, our communities, and each other. As a practicing mental health therapist for over 30+ years, and experiencing a number of various Government, private, Corporate and non-profit systems, the on-going and consistent dilemmas facing front-line professionals delivering mental health services has only become more prevalent and extensive. Our first responders, which encompasses all professionals who provide mental health services, are at record-high levels of stress, anxiety, insomnia, depression, and even suicide. They are experiencing extreme job stress, burn-out and emotional despair.

ConnectME Associates Inc. is a small organization supported by a handful of interested, concerned and dedicated investors who have chosen to try and make a real and meaningful difference in the lives of our professional friends, colleagues and team-mates. We recognize and appreciate the numerous and extensive efforts exerted by many employers to address the issues concerning our first responders and their mental health, however, evidentiary results have not been realized in a manner necessary to successfully manage the growing realities. For this reason, countless-too-many police officers, physicians, paramedics, military and other mental health professionals and clinicians are succumbing to suicide as a means of last resort. Simply stated, this is unacceptable and we, the professionals, need to start doing what we do best - and doing it for one another!

ConnectME Associates Inc. has no staff. Our office is completely managed by myself, and my wife Catherine, also a health care professional of over 40 years. We do not have the luxury of deep financial pockets, technical wizards or extensive marketing experience. It is our hope that interested and committed individuals, such as yourself, will answer the call to support our valued and essential front line services providers by providing them with a safe, comfortable, collaborative and meaningful portal of supports with their respective peers and colleagues.

We do not presume to have solutions however, we know that, as a collective, we have the combined resources, knowledge, experience and insights necessary to help one another. Now is the time to take action and to make a difference in the lives of those we rely so heavily on each and every day.

We need **YOU** and your support today!


President & CEO

Thank You!



SPONSORSHIP FORM

Thank you!



Please fill out this form to confirm your chosen sponsorship package. Completed forms can be returned to **ConnectME Associates Inc.**, at admin@connectmeassociates.com or by phone at 866-708-3501. Please contact us with any questions.

CONTACT INFORMATION:

Company Name

Contact Person / Position

Contact E-mail Address

Contact Phone Number

Address

City | State/Province | Zip/Postal Code

SPONSORSHIP PACKAGES:

**Respectfully, sponsorships are limited to a maximum of \$25,000 per sponsor.*

_____ \$25,000 **PLATINUM** Sponsorship

_____ \$20,000 **GOLD** Sponsorship

_____ \$15,000 **SILVER** Sponsorship

_____ \$10,000 **BRONZE** Sponsorship

_____ Interested in Advertising Options

_____ Interested in Networking Options

_____ **OTHER:** Please Specify

PAYMENT INFORMATION:

_____ Please send me an invoice

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IMPORTANT NOTICE

IMPORTANT: If your sponsorship is accepted by **ConnectME Associates**, you will be contacted within 24 hours, for further details.

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Once we receive your completed sponsorship form, **ConnectME Associates Inc.** will contact you to discuss your sponsorship benefits and its public recognition attributes.

Please send your high-resolution color and black-and-white logos (vector preferred) to:
admin@connectmeassociates.com



ConnectME Associates Inc.
Craig Maguire, BA, RSW, RCCSW, CASW
President & CEO, Board Chairperson
Registered Social Worker
P.O. Box 27002 | Victoria, BC | V8B 5S4 | Canada

admin@ConnectMEAssociates.com
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If you require more information, would like to arrange to meet with our CEO, or would like to support our mission and purpose in addressing the mental health needs of professionals and clinicians, please do not hesitate to contact us:

Craig Maguire

President & CEO / Mental Health Therapist

☎ (866) 708-3501 LOCAL/Toll Free

✉ admin@connectMEassociates.com



Contact us today and become an integral Community supporter and sponsor of this valuable GLOBAL mental health endeavour for our valuable **First Responders**.



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